

Healthy Physical Activity = Active Play Everyday

Keeping kids active is important.

- ♥ Play helps kids learn to get along with others.
- ♥ Play helps kids learn new skills and use their imagination.
- ♥ Play helps kids have strong bones, lungs and muscles.
- ♥ Play helps kids sleep better and have a better appetite.
- ♥ Kids learn about their bodies and the world around them through play.

How to make activity fun:

- ♥ Play with the children. They enjoy spending time with you and you are a role model for healthy habits.
- ♥ Try to have outdoor playtime every day. Fresh air is good! Keep a box of extra mittens and hats on hand for cold weather.
- ♥ Have planned activities but also free play.

Toys that promote active play:

- ♥ Beach balls/large balls
- ♥ Hula hoops
- ♥ Tricycle
- ♥ Lightweight bat and ball
- ♥ Child-size broom or rake
- ♥ Play parachute or old bed sheet
- ♥ Hop balls
- ♥ Empty boxes or laundry baskets



Games to play:

- ♥ Dance to music
- ♥ Hopscotch
- ♥ Hide-and-seek
- ♥ Jump rope
- ♥ Follow the leader
- ♥ Run through the sprinkler
- ♥ Bubble chase



Make Believe Walk

Help children pretend to walk through different places:

In the forest
On the moon
In the jungle
On hot sand
Through the snow
In the mud

Marching Band

Make some instruments using:

Dried beans in an empty container with a lid to shake (oatmeal box, coffee can).

Use wooden spoons to bang on pots. Take rubber bands, stretch them over containers and pull on them to make sounds.